

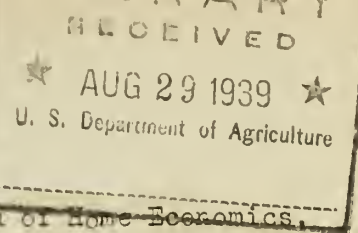
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The Lemon and the Lime



A radio conversation between Miss Ruth Van Deman, Bureau of Home Economics, Mr. George Gunn, announcer, and Mr. Wallace Kadderly, Office of Information, broadcast Thursday, July 13, 1939, in the Department of Agriculture period of the National Farm and Home program, by the National Broadcasting Company and a network of 104 associate radio stations.

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WALLACE KADDERLY:

Yes, here we are in Washington. And it's a fine, bright, sunny day in the Nation's Capital---a little on the warm side maybe, but after all this is July.

Anyway, Farm and Home friends, we have something to offer you today by way of refreshment and recreation. Ruth Van Deman's here to lead the conversation about lemons and limes---two fruits that always make me feel cooler even to mention.

George Gunn, maybe you can give us a sound effect or two---ice, you know, tinkling in a glass of lemonade----

GEORGE GUNN:

Oh certainly (tinkle of glass)---ice cold lemonade,---made in the shade----

KADDERLY:

That's the spirit exactly---fine. But that isn't all. After we've had a drink of ice cold lemonade, figuratively speaking---Betsy Pitt is going to take us on another trip to a National Forest.

But first we'll stop at a lemon ranch with you, Ruth Van Deman----

RUTH VAN DEMAN:

I thought you were going to say with George Gunn and his lemonade stand----

KADDERLY:

I'm not quite sure I trust George Gunn as a lemonade maker.

GUNN:

Oh now, nothing hokey-pokey about my lemonade.

VAN DEMAN:

Not for lack of lemons, anyway---this summer.

KADDERLY:

That's right. There's a big crop of lemons this year---practically an all-time high----

VAN DEMAN:

You mean our American-grown lemons, of course.

KADDERLY:

Yes---the United States leads the world now as a producer of lemons.

I was reading a very interesting report just the other day, on citrus fruit production all over the world. There've been some striking changes in the last twenty years.

We've always grown more grapefruit than any other country. But we used to import most of our lemons. Back in 1919, if I remember the figures correctly, our total lemon crop was only about 6 million boxes. This year---that is coming from the season of 1938 bloom---we'll have somewhere around 41 million boxes of home-grown lemons.

VAN DEMAN:

Home meaning California.

KADDERLY:

California does seem to have what lemon trees need---the country down around Los Angeles---

VAN DEMAN:

But Florida grows the limes.

KADDERLY:

Yes, Key limes get their name from the keys of the Florida east coast.

VAN DEMAN:

Key limes---those are the little fellows with the thin green skin and so much spicy lime aroma.

KADDERLY:

All the limes have that tang.---They're breeding it into some of the new hybrids too --- crosses between the lemon and the lime.

VAN DEMAN:

I know the Persian lime has it. Tahiti lime probably I should say --- in honor of its home place.

Wallace, the lemons and the limes are much traveled fruits in several ways. You remember it was the lime juice used in the British navy years ago that led to the discovery of vitamin C and the way to prevent scurvy.

KADDERLY:

Yes. I've heard about the lime-juicers of the Queen's Navy ---

VAN DEMAN:

As a matter of fact it was more the lemon in that juice than the lime that did the work.

KADDERLY:

Then the lemon's richer in vitamin C than the lime.

VAN DEMAN:

Quite a lot. We used to think that to keep all of the vitamin C of lemons and limes you had to use the juice immediately after it was squeezed. Now the nutrition specialists have found that the acid protects the vitamin C. You can squeeze the juice and keep it overnight without much change ---

KADDERLY:

But the flavor changes.

VAN DEMAN:

You're quite right --- the flavor does change on standing.

And heat changes the flavor too. For instance, if you're using sirup in making lemonade or limeade, and by the way, that's the best way to get the full sweetening power of sugar---to melt it into sirup. But make the sirup long enough ahead to let it cool. Don't mix hot sirup with the lemon or lime juice.

KADDERLY:

And don't float a whole bunch of skins in the pitcher.

GUNN:

Now who's talking about hokey-pokey lemonade---two buttons a glassful.

KADDERLY:

I'm agin it.

VAN DEMAN:

----when you can get anything better, so am I.

Now, jumping from lemonade to making jelly, I just want to say a word about lemon juice in that connection.

Sometimes all that a fruit juice lacks to make it a perfect jelly maker is more acid. When blackberries, for instance, get a little too ripe, the flavor's fine---and they have enough pectin---but they need more acid. Then if you just add a tablespoon of strained lemon juice to each cup of the blackberry juice, just before you combine fruit juice and sugar, you'll get perfect jelly.

KADDERLY:

All that in your jelly bulletin?

VAN DEMAN:

Oh yes, that's one of Mrs. Yeatman's rules for preventing jelly failures.

KADDERLY:

And there's a supply of the bulletin on hand still?

VAN DEMAN:

Yes, I checked this morning.

KADDERLY:

I'll give the full title in just a minute. First, though, Ruth, would you mind jumping from home-made jelly to home-made lemon sherbet?

VAN DEMAN:

I'm just one jump behind you.

KADDERLY:

Why don't people make more lemon sherbet?

VAN DEMAN:

Lemon milk sherbet?



KADDERLY:

I guess there's milk in it. There's more to it than water ice.

VAN DEMAN:

Probably it's for lack of someone to turn the freezer.

KADDERLY:

Won't it freeze itself?

VAN DEMAN:

Not very well. In a mechanical refrigerator it generally takes a richer mixture to freeze right. -----I suppose that's the kind/lemon milk sherbet you're thinking about-----made say with 3 cups of rich milk, and a cup of lemon juice. And half a cup of water and a cup and a half of sugar, and a quarter of a teaspoon of salt.

That kind of a mixture is best frozen in an ice cream freezer with a dasher and a crank.---And I don't know of any more refreshing dessert for a hot day than lemon milk sherbet.

KADDERLY:

Ruth, would you mind just repeating those quantities again----I want to write them down here.

VAN DEMAN:

Three cups of rich milk---all the better if 1 cup of the milk is cream---1 cup of lemon juice.

KADDERLY:

Three cups of rich milk---1 cup of lemon juice.

VAN DEMAN:

And a sirup made of half a cup of water and 1-1/2 cups of sugar----

KADDERLY:

A half a cup of water and 1-1/2 cups of sugar---made into a sirup.

VAN DEMAN:

A fourth of a teaspoon of salt. Mustn't forget the salt.

KADDERLY:

I have it---a fourth of a teaspoon of salt. That's so easy I think I could beat that up myself.

VAN DEMAN:

I'm sure you could.

KADDERLY:

Thank you, Ruth, for this conversation about lemons and limes. It's been a very pleasant topic for a warm day.

And now about that bulletin that tells how to prevent failures in making jelly by using a little lemon juice with the other fruits. If you're interested

in having a copy of that bulletin on home-made jellies, write to the Bureau of Home Economics, U. S. Department of Agriculture, here in Washington, and ask for the jelly bulletin.

That will be sufficient won't it, Ruth?

VAN DEMAN:

Yes, we have only one bulletin on jelly making.

And have a good time in that National Forest.

